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ing from any of the wasting diseases must meet not only the current demand, but store the surplus required in health. The first indication in the treatment of the tuberculous, therefore, is that he must eat more food than he actually needs for his daily output, and in order to accomplish this successfully and without discomfort, cathartics are necessary to carry off the residue from the increased quantity of food. The necessary amounts of food can be determined only by experimentation with the individual and success or failure made manifest by regular weighing.

(To be continued.)

ORGANIZATION OF TUBERCULOSIS WORK IN SMALL CITIES AND COUNTIES

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THIS paper is not intended to present a systematic plan for the organization of tuberculosis work in small cities and counties, but rather to present some of the situations one must meet and to encourage rather than discourage those who may anticipate entering this field of work.

To one accustomed to the large city, with its many co-operative agencies, its splendidly organized Board of Health, its vital statistics, its parks and playgrounds, its social features, and its thousand and one attractions and helps, the work in small cities and rural districts is not apt to hold many alluring features. To one who has spent some years in a rural district or small city, who knows secrets of hills and fields, who enjoys the bubbling of brooks or the warbling of birds, who is a lover of nature or who is of a constructive turn of mind, the rural work offers many an allurements. When a call comes from a small city and rural district, there has been an awaking to something somewhere, a felt need. An organization may exist in name only, there may have been no definite organized work, all may be chaos. No matter what the condition, that there came a call, meant awaking; hold it and look well that no spark of interest be lost.

The field may impress you with its restfulness, its comfortable-looking homes with beautiful yards and gardens. The voices of happy, rollicking children reach your ear and, almost at the same moment, appears a hungry-looking urchin, poorly clad, and he seems to emerge from the house bountiful. You listen again, look, and if you are keenly alert, you will continue to look. You are now on the field of which you are to

become a part. What will you do and where will you go? First find a home for your work. Get together here all of your material. Gradually gather a few simple office helps. Have an abundance of scratch-pads always ready for use, and pencils should be ready in abundance. During your first few weeks acquaint yourself with your city and organization. Learn who compose your organization and the various interests they represent. Learn to know the city and county officials. Find out something of their various interests. Visit the Board of Health, make a friend of the health officer and city physician; then you can rely upon them for assistance. Remember a little assistance is much better than no assistance. Visit the city clerk, look over the death records of the previous year or two and, I can assure you, you will find material for actual investigation of homes. Visit the charity associations or any other agencies the city may have. Here, also, will you find material for assistance. Calls will soon be sent to your office and almost unaware you will have twenty-five or thirty cases of tuberculosis under supervision. Do not expect big things, but do the little things in a comprehensive, far-reaching fashion. Don't hurry, and above all don't worry.

In the large cities we have learned to expect the so-called slums, skyscrapers, tenement houses, factory districts, red-light districts, and grog shops of debauchery and crime. In the small city one sees no skyscrapers, and, perhaps, no so-called tenement houses, no factory districts, and no so-called slums. Your first impressions were those of peace and plenty, but before you have spent many weeks visiting the homes, you will learn of the slums equal to any in the large city—tenement homes of the worst type, sanitary conditions such as will retard work on every side, no water, no sewerage, no toilet facilities in some cases, the common privy at the majority of homes being shallow wells or dirty cisterns. Water may need to be carried a block or two, sometimes up hill, and a red-light district is there, and so your first impressions are shattered.

Form some definite plan of carrying forward one specific thing and keep everlastingly at it. Don't make that specific work so big that you have no time for sidesteps, for material must be gathered and plans formed for another specific line of work. The one thing you plan, be sure you can do, whether it be a survey of a certain section of the city or a certain educational feature of the work. At all times educate, educate. You must be a teacher or your efforts will be in vain. You will soon find yourself calling for help, help in the field and help in the office, and if you have gathered definite material to show why assistance is needed, half the battle is won.

Grasp every opportunity for meeting with the different church societies, mothers' clubs, and any gathering at which you may be able to present some interesting feature of your work, and be sure to learn some definite idea which that club or society may grasp and work out. Get all the help you can. Give others work to do; form committees. Interest the various school districts. In forming committees, get leaders in various activities, *e.g.*, mayor, health officer, merchants, superintendent of schools, club women, Catholic and Protestant clergymen, manufacturers, charity workers, etc.

Now and then sit down and consider carefully the work you are doing. Without anxiety seek to discover if you are doing it all in the best way. Note whether or not you are wasting your energy or your time in methods used in calling a committee together or in the way you keep your notes or in your feature to get together certain desirable material.

The city may be divided into sections or school districts. Study these various groups. Learn something of a particular group in a particular section. Localisms, superstition, loan sharks will all play an important part in various groups. You will find it easier to get at the root of trouble in small cities, your loan sharks will begin to fear and tremble, but localisms may remain and superstitions must be gradually eradicated. Interest the teachers in the various schools as their assistance is one of great value in preventive work; especially is this true in dealing with mouth breathers. Find physicians who are willing to assist in special nose and throat work, physicians who are willing to give health talks in school and club meetings. Here you can do excellent work in the small cities. Your best physicians will almost vie with each other to lend a helping hand.

In the county work, learn to know your county officials, trustees of various school districts, and your most influential farmers. Get some interesting pictures you can use, get lantern slides, and proceed to the various schools and churches. Create as much interest in these various groups as is possible. Discuss general health topics, give them the simplest rules for health, and especially show the country people how to ventilate, and you are doing much to eradicate tuberculosis. Show them how to treat stagnant pools, ponds, the refuse from the stable and any breeding place of flies and mosquitoes. Remember that any health subject becomes your subject when dealing with the tuberculosis problem. You must so learn your people that you will be able to interpret their descriptions of various diseases and ailments. When you are told that a child has "festing cowbucklers" or of the importance of some woman

in the neighborhood who happens to be such a *necessity* because she is a baby catcher, or of some child that has "gardens on the brains," you must be able to fathom all these mysteries. Don't expect to accomplish too much. Not long since I heard an executive say that a nurse should be able to give the proper care to a hundred cases of tuberculosis throughout a county, no matter how great the distance. It was very evident this same executive had never given baths or done the many things which a nurse from necessity must do, or this demand would not have been made upon the women of the field; for in the county just covered, in reaching the various schools alone some four hundred miles have been covered and you must not expect too much or you will be disappointed.

As a summary of the whole, first, don't quarrel with your town or county, don't criticize your public officials, don't take refusals to help as being personal affronts. Don't remember past refusals or past difficulties, don't worry, and don't fail to ask the same people the next time you need help. Don't get excited, don't allow your feelings to be harrowed by suffering or need in any direction, don't think that nothing can be done. Get ready before you start, don't fail to stop and look and listen before you do the next thing. Don't take up any work unless you feel that you can do it and make it a go. Don't allow yourself to be a martyr for a failure. Don't fail to do the little things in a big, comprehensive, far-reaching fashion. Don't allow discussions in meetings of work that can't be done, or people who won't help, or officials who refuse to take your advice. Make suggestions but reserve your judgment.

LEAVES FROM A PATIENT'S NOTEBOOK

BY FOREIGNER

It is bad enough to be sick in one's own country, in one's own home, with one's own people in devoted attendance, but, to be ill in a foreign land, in strange, busy hospitals, with new faces everywhere, is an experience of which the "half has not been told." Some blessings, however, remained to me in this, my lot: first, our common English tongue, and second, the forms of the "Angels of Light," and those who meant to be "Angels," but just failed of the steady flame that sheds light.

Some weeks after my husband and I arrived on the west coast, there happened to me that which left me a physical wreck, with several operations inevitable. Before the operations *she* arrived. I remember distinctly the morning she came, because of that lovely California day, which made me think of the sunny Southland I had left, and of mother,